

Outline - Prepared Presentation 2

BUSM 1500 Business Presentation Skills

Student Name:	Seung Yeon Lee
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Speech Topic:	Everyone should drink more water

Presentation type - Persuasive

Objective

What do you want your audience to think or do at the end of your presentation?

To know the importance of drinking water and be aware of what enough water people should be drinking is

Event

What is the context of your presentation? What's the event? You can be creative.

Classroom

Audience

Who is your audience? What do they want to hear? Why should they listen?

It doesn't need to be accurate or factual – it can be invented / created.

Students in the class

STRUCTURE OF PRESENTATION

Introduction

Hook: Use a creative and relevant hook for your thesis.

How do you feel morning after binge drinking or intense workout? Have you thought about the reason why you might be in pain?

Thesis: Be clear and specific in stating your thesis.

Staying hydrated is very important as it dehydration can cause conditions such as long term and short term health condition result in mood changes,

Overview: Briefly summarize your 3 supporting points.

- 1. Short term health conditions like nausea, dizziness, and unclear thinking and long term health conditions like constipation, kidney stone**
- 2. Benefits of staying hydrated: regulate body temperature, keep joints lubricated, prevent infections, and improve sleep quality, and cognition**
- 3. Alternatives for water: sparkling water, infused water, aloe vera juice, coconut water, and cactus water**

BODY

Key Point #1: Describe your first key point using research, data, statistics, and examples to prove your thesis.

- Long term: Dehydration can cause dizziness and lightheadedness, sleepiness. Dehydration impairs your body's ability to regulate its temperature and reduces blood volume.**
- Short term: Dehydration affects mood. Being even mildly dehydrated can cause fatigue, lack of concentration, headaches and alterations in mood and mental function. Research has found that dehydration makes us more prone to feeling angry, anxious, and irritated.**
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Key Point #2: Describe your second key point using research, data, statistics, and examples to prove your thesis.

- Staying hydrated offers many benefits such as skin, eye, kidney health and blood volume increase.**

Key Point #3: Describe your third key point using research, data, statistics, and examples to prove your thesis.

Alternatives for water: sparkling water, infused water, aloe vera juice, coconut water, and cactus water

Drinks that can not be used as an alternative to water: soda, coffee, milk .. etc

CONCLUSION

Summary: Briefly summarize your 3 supporting points.

People should drink more water to avoid long term and short-term dehydration effects and benefit from staying hydrated. People should consider drinking viable alternatives for water although water is the recommended solution for hydration.

Call to Action: Be creative, clear and specific in stating your call to action.

Drinking enough water is the easiest and most affordable way to keep you healthy. Start now and stay healthy.